

Waldorf Fruit Salad

Meal Components: Fruits

Salads, Sauces, Condiments & Dressings, E-14

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh apples, cored, unpeeled, diced	1 lb 1 oz	1 qt 1/2 cup	2 lb 2 oz	2 qt 1 cup	1. Sprinkle apples with lemon juice to prevent discoloration.
Lemon juice		2 Tbsp		1/4 cup	
Canned mixed fruit, chilled, drained	1 lb 10 oz	3 1/2 cups (1 1/2 No. 2-1/2 cans)	3 lb 4 oz	1 qt 3 cups (3 No. 2-1/2 cans)	2. Combine apples, mixed fruit, celery (optional), raisins (optional), salad dressing or mayonnaise, and nutmeg (optional). Mix lightly to combine. Spread 3 lb 7 oz (approximately 2 qt) into each pan (9" x 13" x 2").
*Fresh celery, chopped (optional)	3 3/4 oz	1 cup	7 1/2 oz	2 cups	
Raisins (optional)	5 oz	1 cup	10 oz	2 cups	
Reduced calorie salad dressing	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup	
Ground nutmeg (optional)		1/4 tsp		1/2 tsp	
					3. CCP: Refrigerate within 1 hour. Hold at 40° F

Chopped walnuts

4 1/2 oz

1 cup

8 1/2 oz

2 cups

4. Add walnuts before service. Toss lightly. For best results, use same day.

5. Portion with No. 12 scoop (? cup).

Notes

* See Marketing Guide

Special Tip:

Red apples make a very attractive salad.

Marketing Guide

Food as Purchased for	24 Servings	24 Servings
Apples	1 lb 1 oz	2 lb 2 oz
Celery	5 oz	10 oz

Serving	Yield	Volume
? cup (No. 12 scoop) provides ¼ cup of fruit.	24 Servings: 3 lb 7 oz	24 Servings: 2 quarts
	48 Servings: 6 lb 14 oz	48 Servings: 1 gallon

Nutrients Per Serving					
Calories	73	Saturated Fat		Iron	
Protein	1 g	Cholesterol	1 mg	Calcium	9 mg
Carbohydrate	9 g	Vitamin A	114 IU	Sodium	34 mg
Total Fat	4 g	Vitamin C	2 mg	Dietary Fiber	1 g